

Spalding County Wellness Program

Beginning in July 2015 the County began promoting the Healthy Lifestyles program. This coaching program is a great resource for members with Lifestyle needs like stress, nutrition, diet, exercise weight management and tobacco. You can register at their web site: www.MyHealthyLifestyles.com You can call 1-877-252-8410 to begin any coaching program. You earn reward points by participating that can be redeemed for prizes such as blenders, iPods and other products.

An employee will continue to have the opportunity to qualify for the wellness plan in the next plan year by meeting the following criteria during the upcoming year:

- Complete **Biometric Screenings**: onsite or physician fax form
- Be **tobacco free** or complete the Healthy Lifestyles tobacco coaching program
- Have a **BMI of 25** or less or achieve a reduction in weight of 5% or more.

BIOMETRIC SCREENINGS

Biometric participation in previous years (on-site or physician fax form) created a baseline for the 5% weight reduction measure:

- Members must complete their follow-up preventive biometric screen either onsite (November 2016) or via physician fax form (October/November 2016) Physician Fax forms must be received by January 1, 2017 to determine if they meet the BMI of 25 or less or 5% weight reduction from their previous results.

TOBACCO FREE

Employees attesting to non-tobacco would agree:

- They are tobacco free (non-user). Non-tobacco status includes no use of cigarettes, cigars, dip or chew products. Any use, even occasional, would not be allowed.

Or considered in compliance if:

- They have been tobacco free for at least 3 months
- Complete the *Healthy Lifestyles Tobacco Coaching Program (Starting April 1, 2016) Member must **complete** the program by March 31, 2017 (*program takes on average 8-12 weeks) You can call **1-877-252-8410** to start the coaching program.

Employees Responsibility:

- To immediately notify the County of any tobacco usage (would lose their status as being compliant under the wellness plan)
- Employees must agree to possible random testing to confirm non-tobacco status

Our BCBSGA medical plan does cover tobacco cessation. This includes no copay when you are counseled by your family physician and no charge for certain medications designed to help you stop tobacco use (includes certain over the counter gums and lozenges).

Weight Management

For members who do not meet the BMI of 25 or less or achieved a 5% weight reduction alternative options may be available.

STARTING in Mid-February 2017 members who did not meet the weight requirement will have access to the following alternative forms:

1. **Health Action Plan** - *A Health Action plan is a written plan identified by the member along with their personal physician, which outlines the physician's recommendations that are designed to improve the member's health and are medically appropriate for the member*

Health Action Plan:

Members Log into www.BCBSGa.com - register / log-in

Click **Health and Wellness Tab**, then **Anthem Health Rewards**, then **My Activities** then **My Results** from drop down. There you will find the Health Action Plan form that will become available auto populated after your biometrics data results have been processed.

2. **Obtain a medical waiver** - *If it is unreasonably difficult for a member to complete the weight reduction or if it is medically inadvisable then you may submit the medical waiver form signed by your doctor*

Medical Waiver:

Members Log into www.BCBSGa.com - register / log-in

Click **Health and Wellness Tab**, then **Anthem Health Rewards**, then **My Activities** then **Available Activities** from drop down. There you will find the **Medical Waiver** form that will become available and auto populated after your biometrics data results have been processed.

Alternative Option Forms: Must be completed, signed by your physician and received by March 31, 2017. The completed, signed form should be sent to:

*BCBSGA
PO BOX 105370
Atlanta, GA 30348-5370*

Write "waiver" on the lower left corner of the envelope

If you have questions around the Anthem Healthy Rewards medical waiver or weight loss action plan you should call BCBSGA customer service at **1-855-397-9267**. Please make sure you have your BCBSAG ID card and follow these prompts – Say Member or press 1, say Medical or press 1 and provide your medical information on your card and they will route you to the appropriate area for assistance.

Please remember that the forms will not be available until after the data has processed and shows in the system around Mid-February.